The skills, merits and feats of Brett Nortje. [19th April 2017]

I have been role playing for a while now, and, one thing i love to do is make the imagination of those creators of games manifest. i have successfully taught psionics, magic, meta magic and elemental powers to people, and, now i seek to lay the foundation for them to fantasize about being these characters they dream up with a solid set of non magical skills. these are not powers and special abilities, but rather skills everyone can learn, of course.

So, let's start with a simple one everyone wants to master - lock picking! This i learned in 2005, where i was reading through tomes like the anarchist's cook book, which is getting harder to find nowadays due to concerns by the international censorship communities.

To pick a lock you need two hands. think of how a key turns, and imagine this; the mechanism turns the lock to go into the hole, yes? if you understand that, and who doesn't you are okay so far - all you got to do, in theory, is to get something in there that turns the mechanism to reverse the locking process, getting the bar back into the lock, of course.

The best way to do this is with a locksmith's kit. this will have all the tolls you need, and, make it much easier, but, if you do not have a lock smith's kit...

If you were to start with pad locks, and i suggest you do, you need to apply pressure from two points - the turning mechanism you need to put pressure on all the time, to 'turn the key.' then, you need to mess with the lock, with, i recommend, a bent paper clip. you basically need to put pressure on the mechanism and stroke the pins, as, the key itself has those little teeth on it, yes?

It might be impossible to see inside, and, you need to push all the little teeth holes level with the lock. this means you are basically bonking those things at arcades that jump out of the holes, or, pushing teeth back into holes as if they have been jutting out, yes?

Now, some locks have safety mechanisms to make the teeth come out again if you just randomly stroke the teeth, so, you need to feel with your hair clip hand where the teeth stick out. this will come down to a mine field effect, where you have to hop scotch from one tooth to the next. the best way to do it is to go right to the furthest end, while applying pressure that would open the lock, and then knock to find teeth that stick out, gently pushing them back. you will notice the lock gently changing and loosening if you do it right.

~ Alternatively you could use multiple hair pins! this would require about seven hair pins, held like when you do your writing out, or, as if it were a comb, yes? hmmm, maybe using a comb you shorten the bristles of would do the trick?

Now, to pick a door lock is a little bit harder. if you want to get to picking a normal lock for a door, you need to observe that your hair pin will break or be bent out of sorts, yes? this time you need to use both hands, again, and then use those big metal paper clips, okay?

Then, you need to use them in multiples, pushing gently to find the resistance, and then after you think they have 'settled,' in other words you have found the resting places for the non holes, and the resting places for the holes where the teeth of the key goes, then you will be able to turn that too! just remember to use heavy paper clips, okay?

The basics of cooking could come in handy, yes? imagine if you have never cooked before, you might think you need someone else to cook for you, of course. the secret to cooking is to cook it, or, make it drier, as it is the heat that makes all the meat or eggs or whatever 'age,' as this cooking will bring the harmful things out of it. imagine eating raw meat, it has a lot of 'impurities' in it yes? this is not the way it was meant to be, as, lions, for example, eat all the juices too, yes?

So, what are these juices and why do we cook them out? i think the liquids will come to boiling point and then evaporate, leaving the still juicy meat, it is just now the bacteria has left the food, obviously. the cells of the meat make it hard for us to eat, and, due to exposure to natural cooking through the years, we know that we have grown used to the processed taste, yes?

If we want to know what these juices do and why they need to be heated, we need only observe that these juices are 'raw,' yes? hat does it mean to be raw... does it mean there is some hocus pocus that we cannot explain? of course not! these raw things mean the food is still alive, basically, as even if frozen the living things get frozen too, reviving them as if they were in cryogenics if we heat them up again - 'they are still trying to live.' this means they will live in our stomachs, upsetting our 'metabolism' and making these little living things try to live in us...

So, to cook them means to age them and kill them - like beef jerky, yes? this dries in the sun and the little living things slowly turn to dead things we find much easier to process, like wine too - tastes better with age. think of that first chocolate you ate, it was made of dead things, and, you puked it up. we have come a long way from the dawn of our species to be, genetically, used to this type of thing or food.

Now, to cook something there are a few ways - baking, frying and boiling. these are the main ways to cook, and to boil is the easiest, then frying, then baking. to boil something you need only a pot and a element - boiling a kettle ring any bells? this is the same thing, so, you could cook in your kettle, as this will boil the food and all you need to do is sip the water to see how matured the food is, or, more practically, smell the food to see if you like the smell, as taste is from the tongue and the two are both very close together, yes? frying is where you just throw it onto the element, and can also see what it looks like and smell too before you stop. with baking, you will smell outside the oven.

First aid is something that a lot of people in role playing games like to have around them, and, to good measure. this is not healing like with instruments and medicine, but rather an emergency to help someone live until someone gets to them with real help - a time buyer in other words.

The basics is to lie them flat on their backs if they are in real trouble, and, then check their pulse. if they are having trouble breathing, as if you found them in the deep on the beach, they need to breathe to allow the heart to pump and natural processes to take place, yes? the lungs are controlled by the the heart, that makes them expand and contract, and this gives the blood gases for the heart to use, okay?

If you were to find them having trouble breathing, also maybe from over exertion - say someone has cast a spell and they are having trouble recovering? - they may need to have their lungs expand and contract from outside, yes? this can be accomplished by pushing down on their chest, to make them contract, but how do you make them expand? how do you make them breath in?

To make them breath in you need to use some nice smelling salts that you should carry. these salts like mints in other words, have a sharp revitalizing smell that the taste buds long for. so, if you were to use something they like the smell of, like 'perfume,' or deodorant, you could revive their breathing as the taste buds seek this scent a lot, yes? Maybe having someone of the opposite sex touch them will accomplish the same thing due to reproduction being so sought by our bodies?

Now, if you observe that they may be bleeding, you must 'bind the wound.' if they lose too much blood they will die, yes? the best way to bind the wound is to keep their mouth closed, to minimize the beating of the heart, as the lungs will supply less of 'a pulse,' and then they should also 'relax.' if they were to relax and breath very little, maybe also spraying deodorant onto the wound, which will kill all the living things making the wound bleed, where the parts of the body would, as they are alive under and in the wound, they will suffocate and die and form natural scabs, of course.

'Cosmetics' is something that lots of people use yet few people understand them or are afraid of them. let me show you how to apply make up?

Make up is like a decoration to the face. when american foot ball players put that war paint on, those marks under their eyes, it makes the eyes of the rival focus downwards to their cheeks. this has two effects, first it makes them not focus on the eyes of their rival, and, then it makes them focus on their cheeks, which are bigger than the eyes of theirs, inspiring confusion and and focusing on the bigger grimacing cheeks - if they were to bare their teeth, the subconscious primal drives of ours would see 'a predator,' yes?

But, this is about women's make up. if you want to properly elaborate on your face, you should ask people around you what your best features are. if you were to have nice eyebrows, you want to put on eye shadow, as this will take eye contact from the eyes, to the eye shadow, and then to the eyebrows, making you look more like your eyebrows, yes? if you have nice ears, apply the right things to your sides of your eyes will take the focus to the ears, i hope you see a pattern?

If you were to want to get rid of wrinkles, the best thing to use is snail gel. if cannot find snail gel, you could substitute that for 'fat,' simply blending it into a gel and rubbing it into the scar with a mixture of moisturiser, will get the liquids into your scar,

maybe without the moisturiser, yet i have a hunch on the cream.

To 'dress for the occasion,' you will be, more than anything else, controlling moods. this will be where if you dress in light shades, you will stimulate activity between you and the other, as you are subconsciously controlling the colour of the engagement, if you both dress in light shades, you will get along like fire, yes? the way you honestly feel about the clothing is similar to the way other's feel about it, whether they welcome these feelings will affect the way they accept you, of course.

'Martial skills' are something that everybody should practice, for the discipline to control your magic, yes? if you can beat people up, yet do not, you are well on your way to having what masters call discipline, of course.

So, the way to approach martial arts is to practice a 'two stroke system.' if you are punching, you need to push your upper arm, then your lower arm, yes? especially with kicks, i have found, the best way to do it is to project your upper leg, then your lower leg, as this will get you more control. it is like a 'way point' or markers and check points to get to the first stroke to be as accurate as possible, then the rest of the attack or technique can be applied with greater accuracy, as you will be able to rethink your attack and reposition your lower leg to 'maximize control.'

Now, to train properly, if you want to train when you want to train, is to use a partner. this partner should move their hands from place to place, open palmed to minimise harm, like a boxer does. this will help you hit out at different heights and areas too. to stretch to achieve the high kicks you could do the same way i did, merely laying on your back with your one leg, the kicking leg, one at a time, resting against a wall, to the angle you wish for it to stretch to, and the other one being far away from it.

'Tracking' is something that a few people really want to do, and, it could help you track your child if you lose them, or, find a robber that ran away with your store's goods! this would be essential for police too...

So, how do you track? in game terms it was easy to track a few foot prints or broken branches, but we do not have that in the city. if you really want to, you could smell them out - their heat will be left behind them as they run, and, if you know the criminal mind, which i will try to decipher now, you will know if they went left or right, yes?

How does the criminal mind work? a desperate mind will behave like a child's as, there is only one route to take, mentally, by deduction. if you live in a city that you ride on the left or right hand side, you will know if they were to take lefts or rights to avoid turning into traffic, as they are running, yes? then, there is the 'space markers.' the typical criminal runs into small long reaching places, as this is 'secretive,' yes? they will be trying to avoid the police or parents, so they will go into the small hole for safety.

There is also the aspect of not wanting to be seen, so they would run away from main roads. conversely, if they got into a car,t hey would go on the more easy path and with less traffic, to avoid you, then tun into the suburbs after seeing a few other

cars. this amount of cars, that the police can count as they pass by, will be similar to those that the perpetrator rode past, and, this number is usually an odd number, as, they will go for the desired human 'scattering numbers.' that means they will hang a into traffic turn after about five or seven cars, and, you could smell the burning rubber on the roads, too.

'Rope use and grappling hooks' are a lost art, except to some spies, like james bond. typically today espionage is done with disguises and technology, or, corruption, yes? let me teach you about ropes and grappling hooks?

Ropes, the ones used by fisher men, have a lot of straw or strings making them. if you look closely, you will find that they are lots of entwined smaller ropes making the bigger rope, and, these smaller twines have little hairs sticking out of them - these are the strings or straw making them manifest. if you were to observe that a lot of weight and pressure applied to a level area will result in stress, as the diverted energy is applied directly to the mass of single rope, you will understand that smaller ones bleed the pressure off the rope, with one being put under pressure, then averting it to the next straw, and back again, with so many sending this pressure back and forth, like a lot of bricks making a wall, yes?

So, how do you use the rope? knot tying is a lost art, maybe some fisher men remember it? but, if you were to observe that tying knots comes from the idea that you are securing things, like your anchor for a game of 'tug the rope,' you need to tie them tight, yes?

Which is the best type of knot to use? well, if you were to observe that a knot that gets tighter when pressure is applied is the best, then a double knot will do it. this is because the knot is tied and might break due to pressure, so tying another know on top of it is a good idea.

Securing these knots to grappling hooks is what we are after, yes? if you were to need a grappling hook on the fly, i suggest you use a bungee chord. this could be made better by having a hook in line with it, and, other hooks in a circle. this will make a grappling hook that will hold the weight.

But, how do we know it will hold to the roof or whatever? i suppose if there was no better way to do it, you could observe that the hooks are made of metal, and, applying super glue or plastic wood - the spray that makes that sticky hard tough stuff? - will hold tight to the objects, you might not even need hooks? the alternatives are a cricket or base ball or two, yes?

'Escaping handcuffs' could come in handy? hell, it might be the last thing the enemy suspects in war zones, having people surrender and then jump out at them! this would be good for feigning helplessness, where you could cuff yourself when infiltrating a gang as a special agent or something, yes?

So, if you were to first bring your hands up to your bum, then out under your bent legs, you could bring them to the front of you, there by allowing you more freedom of movement with your hands, yes?

Now, the way a set of cuffs work is that they go from tooth to tooth to get tighter, and the way out is to unlock them. if you struggle too much, you will tighten the teeth to be very restrictive, and, then may cause your blood flow to stop, potentially. if you want to get out of these cuffs, you need to sit on the cuffs, or stand on them, maybe even stamping on them to force the metal teeth to be more shallow than normal. this will be like a draw bridge, where the gears or teeth are drawn up, except now you are drawing them down, making more space for the teeth, or, creating a 'shock' to make the cuffs less restrictive. alternatively, you could use 'static from your off hand,' where you rub your one wrist to attract the teeth of the right hand to be drawn back, as metal will stick to skin. if that fails, get a pin or needle and rub it to get the static to attract the metal to it, sticking the needle into the key hole to attract the teeth back to the needle. this would also make a interesting technique in picking locks too!

'Appraisal' is something every person needs here or there. this might help you appraise a deal or a swap with a person on the road when you need it, or, guess at the value of something.

If it is a item you are appraising, you need to use some logic with this skill - do people want it? do you want it? how much have you seen this offered for before? how much do you have? - convenience is easier to have than making a good deal sometimes, but never be desperate. the art of the deal is in getting the best price for the 'thing,' and often if you can sell it for more.

So, how much is it worth? is it common, worth less. is it rare, worth more! is it special, like a one of a kind? worth lots more. if it is old, it might be worth less if it is not wine.

If you were to observe that the more you want it, the more likely someone else is to want it, and, the less you want it, some people might not even think about it, and, if you have ever needed one before, and, under what circumstances? this might make it an emergency good, and, if in the right place, you might be able to sell it for more, like pumped tires on the open road, yes?

The basic marketing principle is "supply and demand." the more people want it, the more there might be of it, but, where and when? to practice your appraisal skills, you could play poker, as this is skill building too, as you calculate risks - yes, it is risk calculation. after a while, you might notice that people bet in poker when they have high cards, yes? that means, if you have low cards, and there are a lot of bets, that all the high cards are carried by the others, and if you have low cards, you have a better chance to get a pair or two, yes? that, as well as the fact that their high cards are all split up among each other, means that they will have a slim chance of getting more high cards to match, yes?

'Diplomacy' is "the art of sealing the deal." this is based often on resources, or, as i refer to it, it is all based on resources. this could be human resources, religious resources, raw materials, economic resources and psychological and cultural resources. these can be as varied as faith - something that can be used to draw people closer together, raising the human resources at your disposal through energy and application of attitudes and customs on these 'decisions.'

So, how do you seal the deal? this is where everyone must compromise. those with the least often ask for the most, as, they have so little. when working with desperate leaders or decision makers, it is often easy to, for example, end a war, yes? sometimes the leaders will fear their support fleeing them support wise if they make too drastic a decision of policy, and will then be harder to bargain with, even if they are desperate.

Then there is the factor where the leaders want to keep power - something you can often use against them. if you could provide them with a seal of approval, somehow, they will often look to this as booked votes, yes? if they were to dream way about things, they will often dream about their own keeping of power, yes? this means if they are reclusive, they are dreaming, about, something, yes? what could that be? if they were to be behind the scenes for a while, they would obviously be scared of losing power, yes? think about it, a boxing champion afraid to take on any challengers because they might feel threatened?

A long time ago i read about 'the warrior king.' this is a leader that stands at the front of the body of people, and, applies their own ideals to the people, leading by example, yes? these people are often easier to deal with than those that hide themselves from harm.

To find out what the others want is sometime easy, what do you want? do they want the same things, or, are they genetically different to you? if they are genetically different to you, their brain chemistry and moral absolutes will be different, but they are not, they are the same as you desiring the same resources that you want, of course. knowing what you want, honestly, you will be able to know what they want. simply spending some time talking honestly about it with some friends of yours, where you admit your inner workings, it is maturity that says the studies of statistics works - if you accept you are a statistic, you may begin being an expert diplomat, as, you will be more aware.

'Occult knowledge,' is where you may be able to tell what is going on with some 'spell casters.' is there magic present, or, have there been affects on these people or this area that are supernatural? this is like detecting magic, or, knowing the basics of what is going on with the situation, of course.

So, if there has been magic, who knows? first of all, there is a awkward feeling between you and the place, where you feel that the place is different, if you frequent it, or, if you have a feeling there has been some meddling. this would be where the residue from the energy of gods, spirits or faeries manifest, and, then make smells, like from body odour of regular people or animals.

To tell more or less what has happened, you need only deduct this. if you feel scared, then there was power involved that would scare you. if you feel irritated, then there was some dominance involved, or the deal went wrong. if there is a sweet feeling, then it was a love spell. then, if you deduct the feeling, and that this was the end result of the 'act,' then there needs only be some deductions as to what it was about, yes?

How do we get more information? we would merely need to clear our minds to get the emotions of the area, what the two parties were feeling, yes? this energy manifests through magical spirits and then they mix, of course. this means that the interactions, or manifestations, were due to certain things you can feel, emotionally. if you have trouble fathoming the experience, you can wear a mood ring to show you how you feel about the acts done there, to confirm with colour the mood you are in. remember, you will be in the mood of the mortal or asker of questions and deals, which would be the other person. combining this with your own honest feelings will result in the double verification, or, synergy of the acts or deeds and attitudes of the time.

To know when it was, you can basically calmly deduct this is usually at night, as that is when people have privacy. this could also be down to you feeling the time by smell, as, the sweat of the person getting paranoid will fade eventually, fresh smells indicate much heat - if it is a naughty or immoral act, it will usually show up as sweat smells, of course.

'Animal ken and familiarity' is where you become a friend for animals all over the place. this would be where you would spend time with nature, and, learn from it. the surest way to make friends with animals is with the feeding of them, as then they associate you with food, yes? haven't you ever wanted to be a falconer? haven't you ever wanted to be a horse whisperer, or, a snake charmer? this is for you!

If we were to be honest, we want to control animals because we want to have a friend, a friend we can trust, we want to have a companion when we are alone, we want to have a familiar to impress people - all of these things are honest and good. even having a decoration is okay, as, you will love the decoration because of what it means to you and makes you, and a relationship will develop, hopefully.

So, to gain the basic animal kinship, we need to spend time with the animal. if it is a mammal, then it smells you through it's whiskers, your real heat you give off. if it is a reptile, it smells you with it's tongue. if it is an insect, it feels you with it's antenna. if it ignores you, then it doesn't like you. basically, you want to release the right emotions to grant you an audience with it, yes? it will gradually become familiar with your 'smell,' and then remember you too!

If you want to attract them, you need to give off energy, that you can more or less control, by altering your state of mind. the different emotions you have dictate the different smells you will have due to your heat signature, and, bodily fluids. so, if you want a snake to like you, you need to ingest some snake oil, of the opposite sex, yes? if you want a dog to like you, you should give off the smell of a opposite sex same breed, of course, and so forth.

Gradually, you will build up a relationship with that animal. if the animal

favours you around others of it's kind, and they notice, they will accept you too, but less gradually. think of a bird coming to you - for that you need to emit the right chemicals of seeds or worms! - and then the other birds will 'panic' looking for the 'worms' before the first bird gets them, yes?

As the animal learns your scent, you can stop secreting the other smells, of course. teaching it tricks will require food, of course.

'Personal strengths' are something that define us. we may have different ways of approaching our strengths, like different people will have different ways of lifting weights or doing sums, but we all may measure our strengths by testing them or eventually using them. these are not skills, but rather 'personal strength developments.'

So, how do we raise our physique statistic? our physique can be raised by jogging and doing other physical activities, obviously. then there are reflex training measures, like playing table tennis or playing snooker. the, there are ways to improve your systems, like eating hot chilli peppers and regulating your breathing over a period of time, at different levels and frequency of breathing.

Then, there are mental strengths, like willpower, intelligence and wisdom. willpower can most easily be raised by brushing your teeth and then keeping the paste in your mouth for as long as possible, as it will burn like heck after a while, and, sitting around a meal or putting it off for a while, after eating breakfast, and, other feats of self discipline. intelligence - the ability to work things out and learn quicker - can be upped by playing chess and sudoku. then, there is wisdom, this can be trained to higher levels by summarizing things from other sources, as, we remember far more of what we write than what we read.

Spiritual statistics are where you observe intuition, harmony and charisma. to up your intuition, play poker and guess the cards that will be drawn, or, guess from a deck that you draw, and, lay each card that is drawn on the table so you can see it, then guess the next one. as you near the end of the deck, it will become easier, and, then each time you should have more success that you reshuffle, hopefully. harmony is accomplished by herding flies away from you or through doors, or, meditating in a busy area. charisma needs to be upped by you having a goal and trying to get that goal out of someone gently. if you succeed in your goals from the conversation, you will get the result, and this is what charisma is about if you ask me. the more you get your way, the more you will feel flirty and exciting, as you keep on winning, leading to natural charm where you will feel good and it will radiate from you.

Please bear in mind these are very hard to raise sometimes. if you were to stay true, you will find that karma rubbing off on you here, if you are falsely living, then the faeries will not like you as much and will not 'develop.'

'Ambidexterity' is always useful. if you wee to have superior control of your off hand, you could, well, use it as well as your on hand, yes? i suppose the best way to get this right is to hold a pen with both hands, and guide your off hand with your on hand

while you write, this may confuse your brains into thinking like the on hand, where the off hand will take on the same amount of control as the on hand, yes?

But, that is not the end of it. if you were to sync activity between your hands to do the same things at the same time, separated too, then you could get the sides of the brain syncing with each other. the more you do things with both hands the easier you will find doing things with your left hand or off hand.

'Investigation' is another skill you might find handy. let's say you are faced with a deed that you want to know the specifics of, like where your sister went last night, or, who stole the cookies? maybe you might want to know if your partner is cheating on you? all these things have an answer, and, if you apply these guidelines correctly you might find that you too can be a super sleuth.

So, there are, under my understanding, two blanket topics of this - motive and evidence. first, the evidence - is there evidence confirming your suspicions? if there is, there might be a good excuse, but, the evidence is impartial to the situation, and, it is like a tell tale sign of what happened. without evidence you might be hard pressed to find a conclusion.

Which brings us to motive - why would they do these things? if you were to imagine yourself in a desperate situation, where the outcome is not to your liking, you would want to change the details or reality to better suite you, yes? for example, if you were wanting to steal some money because you would be richer - a common type of motive - you would alter the details of who owns the money to suite you... you would steal the money to help yourself, yes? with motive there is no need for psychology beyond needs and desires, there is no alternate reality - if it makes sense it makes sense, and, if you can link the evidence to the motive, you could find your perpetrator, of course.

'Technical aptitude' i can give you the basics of, as, it all makes sense once you understand. there are two main types of technical aptitudes, being, mechanical and electrical. these are what you can do courses in if you like what i have to say, but i can fix basic things if put to the test.

Let's start with mechanical aptitude. from our ordeal with the lock picking, you can deduct how mechanics work, as, that was also mechanical engineering at a very junior scale. basically, the mechanism needs to turn, okay? that is the basics of it, from steering wheels to axles and plumbing stuff, if you have the mechanism already, all you need to do to fix it is usually oil it, if it turns, to the best of your knowledge. in the event that it has been knocked off, then all you need to do is reattach the levels and gears to their previous state, this is usually done with smaller things, of course. to make something turn together, let's say you have a winch, each time the pressure changes focus points, the pressure will be lessened, and that is how they built the pyramids with winches.

Now for electrical stuff. this is also called electronics. this is where you apply a current to the device, and, then it pulls energy from the thing to the socket or battery while the battery tries to 'stabilise the system.' then, for example, the little silicone bits

on the television prickle with the loss of energy, as if the thing were slowly, very slowly 'dissolving.' this is where, eventually, you will need new parts for your television. if the thing is not working, then you need to make sure the current circulates the whole item, by, while having it on, investigating the areas that are not conducting, by, taking a pen and touching the surface of the devices - the little black boxes and lines on it. if it moves or vibrates, it conducts up the metal pen nib, if it does not work, it will not move, of course.

'Climbing' like scaling a wall can be accomplished rather easily if you use wood glue spray. you simply spray the bits to hold with your free hand and stand on the previous blobs of wood glue. this is the crux of it, but there are other guidelines too.

If you were to keep the blobs close together, and make multiple ones, you could do real spy stuff. opening a window from the outside is easy when it is metal, as they you could rub a pin or use a magnet to open it, of course.

But, if the window is plastic, then you need another means to get in. this can be accomplished by using a hair pin and pushing on the top or bottom, depending on 'the lock' with a hair pin that you wedge in there. using a glass cutter could also help.

> 'Safe cracking' is another skill people want but don't want others to have. i have never cracked a safe, but an familiar with locking mechanisms from pad locks, mind you. the same principles apply - if you put pressure on the right 'tooth,' you can feel it give way a little.
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> So, how do you crack a safe? if you were to pull on the door the whole time with one of your hands, and in a set counting fashion, find the first number or symbol that the door seems to move, then remember to start with that one. then, you use the same system to find the door move again, just a little, and so forth, restarting with the numbers you know, of course.

'Crack shooting' is a merit that is moderately difficult to get the grips of, but, i have had experience with acts of dexterity that i have found this very useful for. the accuracy of your shots or other technical things, like keeping a screw in line, could benefit from this technique.

Everyone thinks that you need to track the target with your sniper scope the whole time - what about if they stop walking and you were trailing them? what then? the obvious answer is that you will miss, and, then they will be aware of you. what about if you were measuring a fly to swat, this could help with that too, not to mention the obvious uses in some cooking and technical things.

Now, to get the best out of your shot, you need to develop an innate degree of intuition. this will be where you trail the target and then jerk as you shoot. this is similar, i think, to a snake coiling and measuring, and then striking, yes? it works like a two stroke combat maneuver, basically, as you get a feel for the target, then strike where you think they will be - intuition see? the stiff way of precisely forcing your

mind to measure the person correctly will serve you wrong, as measuring and then striking into a jerking motion will aid you no end.

'Dare devil' is a merit that will help you rise to the occasion. if you want to do something, and you feel the weight is too much, there is a psychological condition or way of thinking to get you to do it. let's say you want to approach a pretty girl, if you are a boy or something, and you feel the fear of doing such a thing. or, we could say that if you want to jump for a bungee, you might get the horrible choking effect while right at the point of no return... you could hurt yourself if you jumped and turned to try to grab the floor, and, then there could be an injury.

With the girl problem, you need to understand that this is like you as a product you are trying to sell to people - would you like her to 'buy you?' this would only come about with you as the salesperson, even if you are not a good sales person or have never tried, the impetus is on you because it is something you want, yes? do you want it? if on second thought you do not want her or him, then that is fine. if on the other hand you seem to fancy here or him, you need to try to attack the problem, just get through it - the message must be delivered, the act or deed needs to be done. if you are all nervous, that is too bad, you might get her or him, yes? i mean, do you want it, and, what are you going to do about it.

I spoke of women because the same principle or feeling prevail in other acts of bravery too. say you need to crack a joke at a party where there is nobody speaking, or, the bungee thing. you must say to yourself that others have done it, no matter what acts they are, because they were high, yes? you need to turn this emotion of fear into fuel - like when you are hungry, you will want food - like a hunger to do these things. the only ways to do them is to force yourself, or, to dare yourself... yeah! if you were to admire what you are doing, and take it to heart, then you could do a better job, yes? think of all those trapeze artists and track bike racers with tricks, they all do it for the feeling of doing it, it is like a rush once it is over, and, you do want it to be over if it is your first time, yes? after those thoughts, you got to try to get yourself to start rushing with hunger for this self image, knowing that, no matter how many layers of dousing or numbing down go into it, you will be subconsciously admired.

The way i handle extreme situations is to be honest and act stupid. this will make you seem innocent and settle you down into something you can definitely do. acting slowly and cautiously might be the best way for you, not forcing, but rather playing the fool. the trick is to keep playing the fool to subconsciously make yourself in a very easy performance to follow, this is your role, a idiot trying to do something big.

'Faster' is a merit from changeling and i find it quite comely to most of your wishes. the crux of this is that you will be faster than you were, as, you have gotten more primal and reactive. have you ever noticed how sometimes you react quickly and other times maybe not at all? when you o not react at all, it is fine, you have figured the situation out already, and quickly is good too. when it gets to reacting slowly then you are trying to do something you want to do quickly slowly, yes?

So, how do we get faster? this would be possible by training your mind and body to sync with the hemispheres of your brain. this will make them more reactive at a

greater speed, of course. if you were to just flush your common sense and react to others, maybe you could train for this in a group, saying the first thing that comes to mind will grant you more charisma too!

Now, to train for this properly, you should do it in a group of friends. if you were to practice merely all talking at the same time, while still listening, as listening shows that you are aware and alert, then you will have funny sharp conversations, but, you may want to hide something, yes? like if you see a ugly pimple on someone's face, you might not want to say that, but not saying that will interfere with your training, of course.

'Inspiration' is where you feel or produce something that is inspired of some realization or something new to the world, or, a clever way of interpreting things too. this can be where you are lifted to be more than you thought you were, while you were capable all the time, of course.

The best way to get inspired is through devotion to something - just throw yourself at a cause for as long as you can possibly hold on, be a country flag if you are at war, or a school flag, be it a person you want to help, or, even helping yourself!

Maybe you would find that you want to inspire others? this would be best done by listening to them, this will make them feel great - everybody likes to be listened to. if you find that nobody listens to you, find somebody that does, even if it is a security guard? all you need is to feel heard and then you can accomplish things that you were too scared to try, or, listening to others might make it easier to be inspired by them, to listen and feel the situation, and, produce a solution that is truly original.

> 'Voice of a songbird' is where the person develops a nice voice. this is obviously done by voice training, or, singing high notes and low notes, depending on what you want to sound like. this is what professionals do they sing all day. the more you speak a certain way, the more you will speak that way, like developing an accent, yes?
>
> The best way to approach this is to do it with a buddy. you must both listen to radio and try to match the voices of the radio presenters, as they usually have nice voices, yes? then, you can tell each other honestly how they are doing, of course.

'Toughness' is something that will keep you going while you are hurt. this is like a discipline in ways to handle harm, where you would simply lie on the floor or some grass in a park for about an hour a day. this will make your body 'tough,' as the nerves will deaden and harden.

You may not believe me, but when i was in school we had wooden desks with wooden seats. this wood would make your butt hard, as, your body down there would be subjected to hardness, and, as we know from pumping at the gym, muscles 'remember' things, yes? i say remember as this is how you train to kick high in self

defence, where your muscles get used to doing these things, stretching and stretching will result in your body or your muscles becoming more in tune with this maneuver.